



# NAZARETH ACADEMY HIGH SCHOOL

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*Office of Counseling*

Hi girls!

What a week this has been for you! We went from the “norm” of getting into school by the first bell, going through our classes, after school activities, part time jobs, homework, etc. to the “new norm” that many of you must be scrambling to adjust to.

Somehow as I was thinking of all of this, “Lent” popped into my head. I realized how overshadowed it has become by COVID19. This time that for many of us meant giving up sweets, doing extra good deeds, all in preparation for Resurrection, when all will be well.

As I was reflecting I thought how truly significant this liturgical season is now. That in some ways, this is the “Lent of all Lents” and that we should hold onto our faith because there will be Resurrection.

Many times this is played out in our daily lives. The frustrations that you may be facing adjusting to this “new norm” can be an opportunity. As you move through frustration to solution, you are in some ways moving through Lent to Resurrection. Think about the opportunity!

Use this time well. Get that good night’s rest that you may have been finding difficult to always get. Eat well. Organize your room. Clean out that closet and turn it into a “boutique for your soul”. Stay connected to your friends. Make use and be grateful for the time that you have to spend with your family. If your family is on the front lines of this, be supportive.

Really use this “Lent of all Lents” to become the best that you can be.

In the upcoming days we will be introducing our Counseling Department blog, which we are designing for you. Mrs. MacKay, Director of Counseling, has been working with both the Counseling and Technology Departments to bring this to you. We hope you will find it uplifting and helpful. So be on the lookout for it!

Sincerely,

Mrs. Menszak  
Counselor

*Embracing Faith, Family and Education*

*Accredited by Middle States Association of Colleges and Schools*